## **CLAIMS**

[1] A metal halide lamp comprising:

an outer tube;

an inner tube that is provided in the outer tube, has a sealing portion

5 in at least one end portion, and is made of quartz glass; and

an arc tube provided in the inner tube,

wherein assuming that the outer tube has a maximum outer diameter A (mm), the inner tube has a maximum outer diameter B (mm), and the metal halide lamp consumes P (W) of power, the following relationships

10 are satisfied:

 $0.06P + 15.8 \le A \le 25$ ,

 $0.05P + 9.0 \le B$ , and

 $1.14 \le A/B$ ,

where P satisfies 20 W  $\leq$  P  $\leq$  130W.

- 15 [2] The metal halide lamp according to claim 1, wherein assuming that the arc tube has a maximum outer diameter C (mm), the following relationship is satisfied:  $0.05P + 2.2 \le C \le 0.07P + 5.8$ .
  - [3] The metal halide lamp according to claim 1, wherein the inner tube is filled with nitrogen gas with a nitrogen gas pressure of 20 kPa or more when a temperature in the inner tube is 25°C.
  - [4] A lighting apparatus comprising:

    a bottom-surface-open-type lighting unit; and
    the metal halide lamp according to claim 1 that is mounted in the
    lighting unit.

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